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 Great Basin Basket CSA
or Lattin Farms

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Reminders for the Week

- Please sign the clipboard each week.
- Please pick up your basket in a timely manner.
- Please bring a container in which to take your produce home. If you take a box, please return it on your next pick-up.
- Each site has a volunteer that can help with any concerns or questions you may have.
- Current pick-up schedule can be found on the CSA website.
- All newsletters can be found on the CSA website.

Life on



VOLUME 1, ISSUE 12

WEEK 6, THURS, JUNE 25

What's in your Basket

All items are grown on Lattin Farms, a certified organic farm, except for the produce marked with an asterisk (*).

- **Tango Lettuce**
- **Shallots**
- **Zucchini**
- **Kale**
- **Mesclun Mix**
- **Fava Beans**
- **Rhubarb**
- **Fennel* (Pioneer Farms)**
- **Beets* (Snyder Family Farms)**
- **Peas* (Snyder Family Farms)**

We want to remind you to please wash all produce, as we only rinse them, as soon as possible.

Down on the Farm Notes

We are halfway through our Early Season now. We are seeing more and more produce coming off the plants. Just this past week we have had cherry tomatoes, cucumbers, and fava beans show up in our store. Some of these items will be showing up in the baskets in your future.

Well, this week we staked out our corn maze and then started to cut out the design. We have to do that before the corn gets too high and we cannot see the pattern. Once we are done cutting out our design, we sit and wait for the corn to grow.

We've also been going to quite a few farmers markets in the area. You can find us at markets in Fallon, Fernley,

Reno/Sparks, and Carson City. Also, don't forget our online store, www.lattinfarms.com, has additional produce you can add to your baskets.

5 Things to do with Bitter Greens

Amanda of www.chivecooking.com has put together some helps for the bitter greens that you often receive in the CSA Baskets. Here is what she wrote:

You will see a lot of greens this time of the year. I am constantly looking for ideas for using up all my greens. Bitter greens like kale, arugula, and mustard greens have lots of health benefits such as being vitamin rich and beneficial for digestion.

1. Use it to make fresh pesto (for a raw recipe try Sundried Tomato, Arugula and Walnut Pesto found at www.thehealthyfoodie.com).
2. Use Braised greens as a side or mix-in for pasta and rice dishes.
3. Toss them in with a mix of other lettuces in a salad for some more bold flavors, kale and arugula are good for these, adding a sweet component like candied pecans or walnuts help balance the bitter flavor.
4. We've all heard of Kale chips, you can bake or grill the larger leaf bitter greens. Drizzle with olive oil, salt and pepper, lay them on the grill, or a 450° oven until crispy.
5. Soups, egg dishes (quiche), stews, meatballs or lasagna. Power up your casserole dishes with a nutrition kick by adding some bitter greens!

Have a fantastic week!